

Saturated Fat, Total Fat, Cholesterol, and Omega-3 Content of Meat, Fish, and Poultry in 3-Ounce Portions Cooked Without Added Fat

Source	Saturated Fat g/3 oz	Total Fat g/3 oz	Cholesterol mg/3 oz	Omega-3 g/3 oz
Lean Red Meats				
Beef (rump roast, shank, bottom round, sirloin)	1.4	4.2	71	–
Lamb (shank roast, sirloin roast, shoulder roast, loin chops, sirloin chops, center leg chop)	2.8	7.8	78	–
Pork (sirloin cutlet, loin roast, sirloin roast, center roast, butterfly chops, loin chops)	3.0	8.6	71	–
Veal (blade roast, sirloin chops, shoulder roast, loin chops, rump roast, shank)	2.0	4.9	93	–
Organ Meats				
Liver				
Beef	1.6	4.2	331	–
Calf	2.2	5.9	477	–
Chicken	1.6	4.6	537	–
Sweetbread	7.3	21.3	250	–
Kidney	0.9	2.9	329	–
Brains	2.5	10.7	1,747	–
Heart	1.4	4.8	164	–
Poultry				
Chicken (without skin)				
Light (roasted)	1.1	3.8	72	–
Dark (roasted)	2.3	8.3	71	–
Turkey (without skin)				
Light (roasted)	0.9	2.7	59	–
Dark (roasted)	2.0	6.1	72	–
Fish				
Haddock	0.1	0.8	63	0.22
Flounder	0.3	1.3	58	0.47
Salmon	1.7	7.0	54	1.88
Tuna, light, canned in water	0.2	0.7	25	0.24
Shellfish				
Crustaceans				
Lobster	0.1	0.5	61	0.07
Crab meat				
Alaskan King Crab	0.1	1.3	45	0.38
Blue Crab	0.2	1.5	85	0.45
Shrimp	0.2	0.9	166	0.28
Mollusks				
Abalone	0.3	1.3	144	0.15
Clams	0.2	1.7	57	0.33
Mussels	0.7	3.8	48	0.70
Oysters	1.3	4.2	93	1.06
Scallops	0.1	1.2	56	0.36
Squid	0.6	2.4	400	0.84